

WHAT IS CLAIMED IS:

1. A culinary base comprising at least 75% of proteins by dry weight relative to the final dry weight
5 of said base, lipids and carbohydrates.

2. The culinary base as claimed in claim 1, characterized in that the proteins are chosen from heat-resistant proteins.

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3. The culinary base as claimed in claim 2, characterized in that the heat-resistant proteins are chosen from casein, albumin and globulin from milk.

15 4. The culinary base as claimed in any one of claims 1 to 3, characterized in that it is provided in the form of a powder, of tablets or of a cream.

20 5. The culinary base as claimed in claim 1, characterized in that the carbohydrates are chosen from rapidly absorbed assimilable carbohydrates, slowly absorbed assimilable carbohydrates, and fibers.

25 6. The culinary base as claimed in claim 1, characterized in that it also comprises vitamins, trace elements and mineral salts.

30 7. The culinary base as claimed in claim 6, characterized in that the vitamins are chosen from vitamins A, B1, B2, B5, B6, B9, B12, C, D, E, H and PP.

35 8. The culinary base as claimed in claim 6, characterized in that the trace elements are chosen from iodine, fluorine, iron, zinc, bromine, aluminum, silicon, copper, manganese, selenium, chromium, molybdenum, phosphorus, manganese and cobalt.

9. The culinary base as claimed in claim 6, characterized in that the mineral salts are chosen from

calcium salts, sodium salts, potassium salts and magnesium salts, and in particular the chlorides and the carbonates.

5 10. The culinary base as claimed in claims 3, 4 and
any one of claims 5 to 9, characterized in that it
comprises at least 75% of milk proteins by dry weight
relative to the final dry weight of said base, in that
it is provided in the form of a cream and in that the
10 carbohydrates comprise lactose only in at most trace
amounts and/or the lipids comprise cholesterol only in
at most trace amounts.

11. The culinary base as claimed in claim 10,
15 characterized in that it also comprises at least one
emulsifier and/or at least one stabilizer and/or at
least one thickener.

12. The culinary base as claimed in claim 11,
20 characterized in that it comprises in g (unless
otherwise indicated) per 100 g of cream:

Milk proteins	13
Assimilable carbohydrates	less than 1.2
Lipids	less than 0.2
Mineral salts	10% of the RDIs (Recommended Daily Intakes)
Vitamins	10% of the RDIs
Xanthan	0.2
Water	83

13. The culinary base as claimed in claim 11 or 12,
25 characterized in that it also comprises polyphosphates
and/or alginates.

14. A method for the preparation of a ready-cooked
dish or of a flavored drink, characterized by the
30 following steps:
at least one raw, pre-cooked, cooked or further-

processed food is provided,
said foods are mixed with a culinary base as claimed in
any one of claims 1 to 13.

5 15. The method as claimed in claim 14, characterized
in that the culinary base is in the form of cream.

16. The method as claimed in claim 14, characterized
in that the culinary base is in the form of a powder
10 and in that, before it is mixed with said food(s), it
is dissolved in water.

17. The method as claimed in claim 14, characterized
in that, before mixing said food(s) with the culinary
15 base, said culinary base is heated.

18. The method as claimed in claim 14, characterized
in that, after having mixed said food(s) with the
culinary base, the whole mix obtained is heated.

20 19. The method as claimed in any one of claims 14 to
18 for preparing a ready-cooked dish, characterized in
that said food(s) is (are) chosen from vegetables,
meats, fish, fruit, and mixtures thereof.

25 20. The method as claimed in any one of claims 14 to
18 for preparing a flavored drink, characterized in
that said food(s) is (are) chosen from powdered
chocolate, from coffee and from fruit juices.

30 21. A ready-cooked dish or a flavored drink which can
be obtained by means of a method as claimed in any one
of claims 14 to 20.